

The Health of Maryland Women 2002

Executive Summary



Women's Health, Center for Maternal and Child Health, Maryland Department of Health and Mental Hygiene

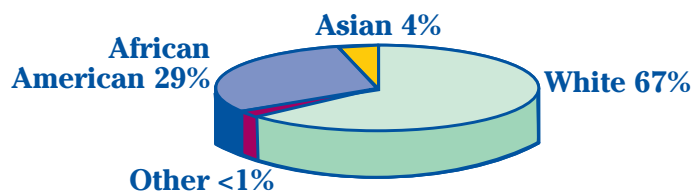
The concept of women's health has recently expanded beyond conditions related to reproductive health and now includes the many different conditions that affect women throughout their lifespan. This Executive Summary provides highlights from the report, *The Health of Maryland Women 2002*, and lists key indicators that reflect the status of women's health in our state. Recognition of these basic health issues is important for the development of strategies that will improve care and quality of life for women.

Population

- Approximately 2.7 million women live in Maryland, accounting for 52% of the population.
- Maryland is racially diverse.
- Four percent of Marylanders are of Hispanic ethnicity (included in the white and African American racial categories).
- Over 350,000 Maryland women are 65 years of age or older, making up 13% of the female population. It is projected that this number will double to 700,000 by 2050.

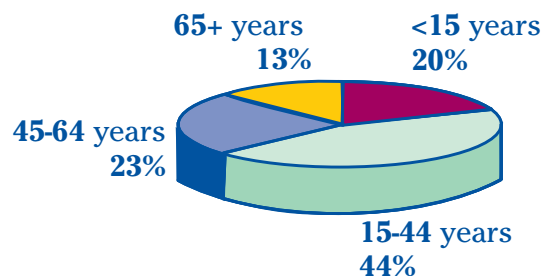
Racial distribution of Maryland women

Source: Maryland Vital Statistics Annual Report 1999



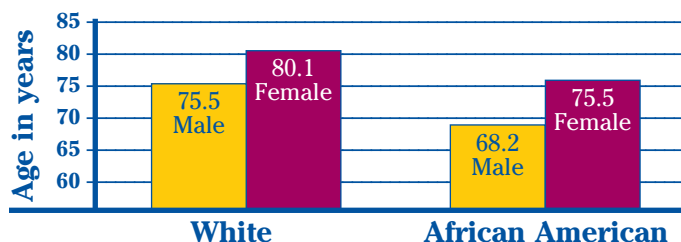
Age distribution of Maryland women

Source: Maryland Vital Statistics Annual Report 2000



Life expectancy by race for Maryland men & women

Source: Maryland Vital Statistics Annual Report 2000

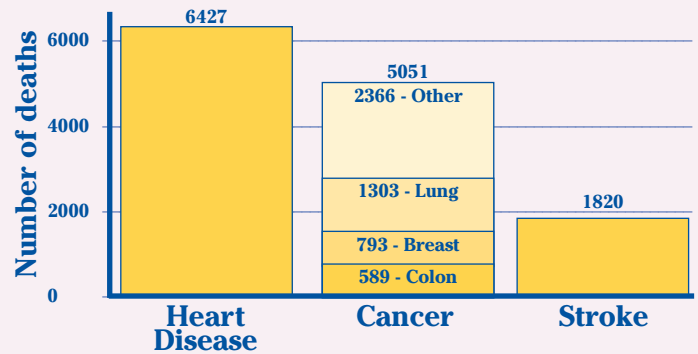


- Women live longer than men across all racial groups.
- Due to the longer life expectancy, 72% of Maryland residents 85 and older are women
- Life expectancy of white females is 4.6 years more than that of African American females.

Leading Causes of Death

Source: Maryland Vital Statistics Annual Report 2000

Heart disease is the leading cause of death of Maryland women, followed by cancer and stroke. Together, these three conditions account for nearly 60% (13,298) of all deaths to women in 2000. Racial disparity for these causes of death is evident, with African American women having a higher age-adjusted death rate compared to white women.



Heart Disease and Stroke

- Heart disease and stroke kill more than ten times as many women each year than breast cancer.
- Studies suggest that women are treated less aggressively than men before and after a heart attack.
- High blood pressure, smoking, a sedentary life style, obesity, and elevated cholesterol are modifiable risk factors for heart disease and stroke. Controlling these factors could substantially reduce the incidence of heart disease and stroke in women.

Cancer

- In 2000, 5,051 Maryland women died of cancer. The most common types of cancer leading to death are lung and bronchus (1,303), breast (793), colon and rectum (589), ovary (260), pancreas (249), and leukemia (202).
- Maryland women ranked 5th in the nation for breast cancer mortality, 10th for cancer of the lung and bronchus, and 12th for colorectal cancer. For these cancers, Maryland's mortality rate is significantly higher than the U.S. rate ($p < .0002$) (NCHS public use data file).
- Although breast cancer is the most common cancer affecting Maryland women, more women die from lung cancer. Widespread screening with early detection and treatment has improved survival for women with breast cancer.
- Smoking significantly contributes to lung cancer risk and other types of cancers. Quitting smoking, exercising regularly, eating a healthy diet, and following cancer screening guidelines are recommended to reduce the risk of cancer.

Infections

Source: Maryland AIDS Administration; STD Division, Epidemiology and Disease Control Program, DHMH

- Women are the fastest growing group of AIDS patients and now account for 34% of all new AIDS cases in 2001 compared with 10% in 1985.
- African American women are at highest risk for HIV/AIDS; 86% of all females with HIV/AIDS are African American and 11% are white.
- 90% of women with HIV/AIDS are between 20-49 years of age.
- Chlamydia, the most common sexually transmitted disease, is the leading cause of preventable infertility and ectopic pregnancy. In 2000, over 12,000 Maryland women were diagnosed with chlamydia, more than twice the number diagnosed with gonorrhea and 100 times the number diagnosed with syphilis.
- Women 15-19 years of age have the highest chlamydia case rate of any age group, and African American women are at greatest risk.

Perinatal Health

Source: Maryland Vital Statistics Annual Report 2000, Infant Mortality in Maryland 2001

- Infant mortality in Maryland has declined 12% in the past 10 years to 8.0 infant deaths per 1,000 live births in 2001. This rate is still significantly higher than the national rate of 6.9/1,000 live births in 2000.
- An African American baby has more than twice the risk of dying than a white baby during the first year of life.
- 78% of African American mothers (compared to 91% of white mothers) initiated care in the first trimester; 6% of African American mothers (compared to 2% of white mothers) entered care in the last trimester or received no prenatal care.
- Births to teens have generally decreased and now make up 10% of total births; in contrast, births to mothers 35 and older have increased and now make up 18% of total births.

Mental Health and Substance Abuse

- For Maryland women, depressive disorders are the most common psychiatric diagnoses requiring hospitalization in a general hospital. The cost in 2001 was \$47 million (excluding psychiatric facilities), or \$5,858 per patient (*Health Services Cost Review Commission, 2001 hospitalizations*).
- Depression and anxiety disorders disproportionately affect women. According to the 2001 Behavioral Risk Factor Surveillance Survey*, Maryland women reported more days when their mental health was not good compared to men.
- Suicide is the third leading cause of death for women 15-24 years of age (Maryland Vital Statistics Annual Report 2000).
- Substance abuse is the leading diagnosis for outpatient care at a cost of over \$3 million dollars. African American women account for 77% of substance abuse visits (*Health Services Cost Review Commission, July 2000-June 2001 outpatient visits*).
- Hospitalizations for depression and substance abuse peak for women in the 25-45 age group (*Health Services Cost Review Commission, 2001 hospitalizations*).

Violence Against Women

- One of every four American women reports that she has been physically abused by a husband or boyfriend at some point in her life (*Maryland Network Against Domestic Violence*).
- In Maryland, a woman, man, or child is killed every five days as a result of domestic violence; the majority of these deaths are women and children (*Maryland Network Against Domestic Violence*).
- In Maryland, violence is a leading cause of death for pregnant and postpartum women (JAMA. 2001;285:1455-1459).
- There were 22,126 domestic abuse hearings in the Maryland circuit and district courts in 2001. The number of hearings has been consistent at roughly 20,000 to 22,000 for the past 4-5 years. (Personal communication with Thomas Mostowy, Executive Assistant to the Chief Judge of the District Court of Maryland.)

Health Insurance Coverage

- In Maryland and across the nation, the number of uninsured has declined since 1998. The largest gains were made in low-income children and pregnant women due to expanded Medicaid and the State Children's Health Insurance Programs – CHIP (*Kaiser Commission on Medicaid and the Uninsured*).
- Younger Marylanders, minorities, and those with lower income are more likely to be uninsured (*Behavioral Risk Factor Surveillance System, 2000 weighted**).

Obesity and Activity

Source: Behavioral Risk Factor Surveillance System, 2001 weighted.*

- A higher percentage of Maryland women are obese than the U.S. as a whole. The percentage of obese women has doubled from 11.2% in 1990 to 21.1% in 2001.
- Obesity/overweight is higher in minority and low-income women.
- At least 80% of women report no regular or sustained physical activity. Women with higher incomes tend to be more physically active.

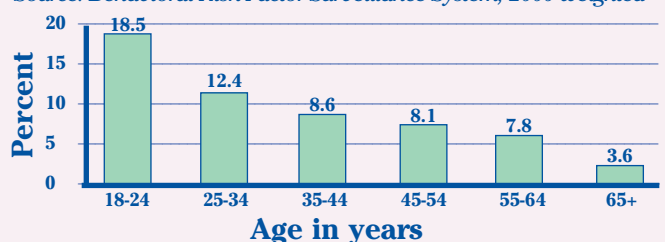
Chronic Conditions

- Arthritis and osteoporosis are more common in women and are leading causes of disability. Half of Maryland women over 65 have been told they have arthritis (*Behavioral Risk Factor Surveillance System, 2001 weighted**). It is estimated that 50% of women over age 50 will have an osteoporosis-related fracture in their lifetime.
- Diabetes is the 5th leading cause of death for women. African American women have twice the age-adjusted death rate for diabetes as white women (55.1 versus 22.9) (*Maryland Vital Statistics Annual Report 2000*).
- 12.8% of adult women (as compared to 9.2% of men) in Maryland have been told they have asthma (*Behavioral Risk Factor Surveillance System, 2001 weighted**).
- Autoimmune diseases, such as lupus, also are more prevalent in women; 90% of lupus patients are women, and African Americans are affected at three times the rate of whites.
- Urinary incontinence affects 10-30% of all women; over half of women in nursing homes are incontinent.

- Nationally, 10.8% of women and 13.5% of men have no health insurance compared to 9.3% of women and 10.6% of men in Maryland (*Behavioral Risk Factor Surveillance System, 2000 weighted**).

Maryland women with NO health insurance by age.

Source: Behavioral Risk Factor Surveillance System, 2000 weighted*



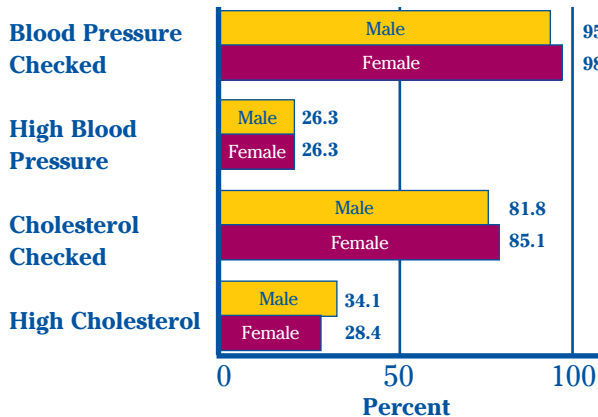
Health Behaviors

Source: Behavioral Risk Factor Surveillance System, 2000, 2001 weighted.*

- The percentages of Maryland residents who have had their blood pressure and cholesterol checked are close to national percentages.

Blood pressure & cholesterol status for Maryland men and women

Source: Behavioral Risk Factor Surveillance System, 2001 weighted*



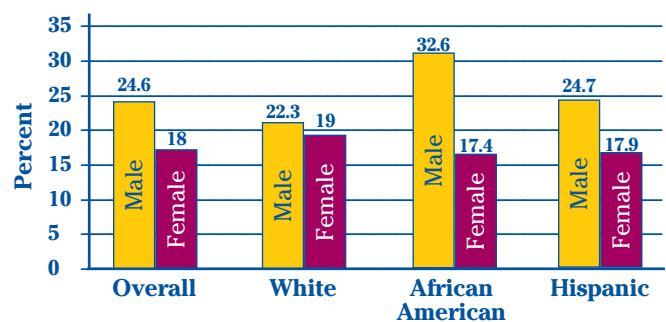
- Over 90% of Maryland women reported having a pap smear and mammogram in the previous three years, and approximately 50% have had routine colorectal screening.
- Women age 65 and older were less likely than

younger women to have had a recent pap smear. Rates tended to increase in higher income brackets.

- 26% of women have not visited a dentist in the last year. Cost was a leading barrier to care.
- Overall, 5.6% of Maryland women binge drink; the highest rate (13.9%) is in the 18-24 year age group.
- Approximately one in five Maryland women smoke (19.1% of women vs. 22.0% of men), and 9.2% smoked during pregnancy (Maryland Vital Statistics Administration, unpublished data).
- The rate of smoking among women with the lowest income is more than twice that of individuals with the highest income (33.3% of those earning less than \$15,000 compared with 16.2% of those earning more than \$50,000).

Smoking rate by race & ethnicity for Maryland men and women

Source: Behavioral Risk Factor Surveillance System, 2001 weighted*



Across the Life Span

Health concerns change as a woman ages. Most hospitalizations for women less than 44 years of age are related to pregnancy, followed by infection and major depressive disorder. A high risk for mental health problems is evident, with suicide a leading cause of death in women aged 15-24 years. Accidents and homicide also are leading causes of death in this age group and are preventable. For women 25-44 years of age, cancer, heart disease and HIV are leading causes of death. For African American women in this age group, HIV is the leading cause of death.

After 45 years of age, cardiovascular related illnesses, infection, and respiratory conditions are the leading reasons for hospitalization. Not surprising, women in this age group die most commonly of cancer, heart disease, and stroke.

Leading causes of death by age group

Source: Maryland Vital Statistics Report, 2000

15-24 years	25-44 years	45-64 years	65+ years
Accidents	Cancer	Cancer	Heart Disease
Homicide	Heart Disease	Heart Disease	Cancer
Suicide	HIV	Stroke	Stroke

*The Behavioral Risk Factor Surveillance System is a cross-sectional survey of adults, 18 years and older, conducted by the Centers for Disease Control and Prevention. In 2000, 4,594 Maryland residents responded (1,780 men and 2,814 women). Extrapolating to the total population, this represents 3,916,991 Marylanders (1,873,890 men and 2,043,101 women). In 2001, 4,472 Maryland residents responded (1,822 men and 2,650 women). When extrapolated, this represents 4,025,565 Marylanders (1,925,342 men and 2,100,213 women).



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